

PALEO MEAL PLAN SHOPPING LIST

WEEK 2

Produce

1 large yellow onion
1 medium yellow onion
1 red onion {1/4 cup sliced}
10 garlic cloves
7 carrots
4 celery stalks
5-6 small portabella mushrooms
2 medium zucchini
2 bunches of green onions/scallions
avocado
2 medium tomatoes
1 cucumber
2 sweet potatoes
1 lime
1 lemon
parsley
basil
blueberries {1 cup} *you can use frozen*
1 banana

Deli

1/4 cup unsweetened almond milk
5 eggs
uncured bacon

Fish/Meat

boneless skinless chicken breast {4lb}
boneless lamb meat, cubed {2lb}
pork tenderloin {3 1/2lb}
jumbo shrimp {1lb}

Staples

2 cups low sodium chicken broth
1 can coconut cream {not milk}
1-28 oz. can diced tomatoes
1 cup red wine
1 2/3 cup almond flour
1/2 cup almond butter
1/2 cup slivered almonds
1/4 cup dairy free semi sweet chocolate chips {I use everyday life brand}

Pantry Check List before you shop

sea salt
kosher salt
black pepper
coconut oil {10TBS}
extra virgin olive oil {7TBS}
avocado oil {6TBS}
balsamic vinegar {3TBS}
chapagne vinegar {3TBS}
Frank's hot sauce {3TBS}
arrowroot flour {4TBS}
coconut flour {2/3cup}
tapioca flour/starch {2/3cup}
baking powder
baking soda
maple syrup {8TBS}
dried Italian seasoning {1tsp}
white wine {1/4cup}
dried red pepper flakes
garlic powder {1TBS}
paprika
cinnamon
nutmeg
bay leaf
thyme

